



### SUMMER PROGRAMS 2016

**PACKER COMMUNITY POOL** Opens May 31, 2016 @ 1:00pm. Northern Tier's Only Olympic Size Facility  
**Daily Swim hours:** 1:00 – 7:00 pm M - F 1:00 – 6:00 pm SA – Sun. Weather permitting  
**Daily Rates:** Adults - \$3.75 Students - \$3.50 Baby Pool - \$2.50  
 Family Membership: \$132. May 1-31 \$149. After June 1 (Family unit = Parents & legal dependents)  
 Individual Membership: \$69. May 1-31 \$ 84. After June 1 **Sr. Citizens – FREE Admission- Any time (Ages 62 and over)**

**SWIMMING LESSONS:** **First Session** June 20 - July 8 **Second Session** July 11 - 29  
 Advanced Stroke 9:00 - 9:30 am  
 Intermediate 9:30 - 10:00 am  
 Beginner 10:00 – 10:30 am 11:00 – 11:30 am 11:30 - noon  
 Classes held Monday, Wednesday, Friday Fee - \$37.00 per 3 week session.  
 Private and Semi-Private Swimming Lessons available. \$10.00 per 30 minutes Adult lessons too! 570.724.3650

**LIFEGUARD COURSE:** June 6-13, 2016 8:30am – 1:00pm. Class begins at the WASD Admin building, Music Room (Old High School).  
**Course Pre-Requisites** 15 years old MUST BE ABLE to Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Tread water for 2 minutes using only the legs. Complete a timed swimming event within 1 minute 40 seconds, exit the water without using a ladder or steps. **New Certification Fee \$195.00**  
**Re-Certification:** June 15, 16, 17 Fee \$75.00  
 Call 724-0300 to register or go online to [www.wellsbororecreation.org](http://www.wellsbororecreation.org) > program registration tab

**PACKER POOL BIRTHDAY PARTIES:** Have your Child's party at Packer Pool! It's a really cool idea for a summer birthday. Reserve your date now! For more information contact Lyn at Packer Pool. 570.724.3650

**FAMILY FLOAT SUNDAY:** Bring your rafts and water floats on Sunday's from 1- 6: pm

### YOUTH SPORTS & LEAGUES

**WELLSBORO AREA YOUTH SOCCER (WAYS):** Fall Season Fee **\$33.00 Family Discount for 3<sup>rd</sup> sibling.** Multiple age groups for boys and girls entering grades K-12. Soccer clinics as well as expanded player schedules will necessitate your registration now!  
 ONLINE REGISTRATION until June 3, 2016 After June 3, \$48.00 NO sibling discount [www.wellsbororecreation.org](http://www.wellsbororecreation.org)

**MATT SMITH SUMMER SOCCER CAMP: Early Summer Camp.** Boys & Girls 1<sup>st</sup> – 9<sup>th</sup> grade. June 6 – 10<sup>th</sup> 2016, 9am – 3pm daily. Soccer Academic Camp has been designed to meet the needs of a variety of youth players with a strong emphasis placed on player development, creativity and team play. **Wellsboro High School Wing Field** Cost: \$125.00 includes t-shirt and water bottle.  
 Directed by: Matt Smith one of the top 10 college coaches in NCAA history. Register at [www.socceracademyinc.com](http://www.socceracademyinc.com)

**STN YOUTH SOCCER CAMP:** Technical and tactical training in a professional environment. July 11-15<sup>th</sup> 9:00 am – 11:00 am. Wellsboro Baseball Field, Cost \$80.00 Bring your own soccer ball, t shirt will be provided. Coaching Staff Jon Arlet and Jon Shaffer STN Team Coach. Early registration appreciated.

**TIM DEMPSEY SOCCER DAY CAMP: Summer Camp.** Boys and Girls ages 5 – 14. July 25-28 (9am – 11am Ages 5 – 7) (9am – Noon Ages 8 -14). **Wellsboro High School Wing Field** Soccer skill development and fun drills and games will make for a great time. **Fee: \$65.00 for WAYS members** ages 5-7, and **\$70.00** Non-members, **\$85.00** for WAYS members age 8-14, and **\$90.00** for non-member's **\$5.00** sibling discount offered. Each participant will receive: T-shirt. Instruction by Tim Dempsey, Mansfield University Soccer, 570-404-4348 Registration forms available at Parks & Recreation office or Contact Tim Dempsey @ [Dempsey5@ptd.net](mailto:Dempsey5@ptd.net)

**LITTLE HORNET WRESTLING CAMP:** This camp is for any youth grades K through 6<sup>th</sup> wanting to improve upon their wrestling skills. Camp will run Tuesday through Thursday July 12- July 14 from 5:30 – 7:30 Mat Room in the old high school. Register online Also in need of Volunteer Coaches, MUST have current clearances FMI contact 570-724-0300

### COMPETITIVE SWIMMING

**SUMMER COMPETITIVE SWM TEAM:** Ages 5 -18 Welcome. Must be able to swim continuously for 25 yards Greater Susquehanna Valley Swim League Competition. Practices and meet schedule begin in June. All meets are Tuesday, Thursday, & Saturday.  
**Registration Fee:** \$35.00 plus pool membership. Go to [www.wellsboro.swimtopia.com](http://www.wellsboro.swimtopia.com) to register online.

### JUNIOR GOLF

**TYOGA YOUTH GOLF CLINIC: Youth entering Grades 3-9.** Come and let a golf pro teach you the basics of the grip, full swing, pitching, chipping, putting and will introduce each participant to the basic rules and on-course etiquette. Clinic runs Monday evenings beginning July 18 to August 15 (5 weeks) 4:30- 6:00 pm at Tyoga Country Club. Clubs provided or bring your own. **FEE: \$34.00 Register online at [www.wellsbororecreation.org](http://www.wellsbororecreation.org)**

### TENNIS

**LEARN TO PLAY TENNIS:** 1<sup>st</sup> Session June 6-23, 2016 Free 2<sup>nd</sup> Session July 11 – July 21, 2016 \$25.00  
 9:00 - 9:30am Munchkin Tennis Ages 4-7 uses USTA approved red balls small rackets (provided)  
 10:00-10:45am Bumble Bee Tennis Ages 8-12, uses USTA approved orange and green balls

**Hornet Tennis** starts June 6, 2016 runs for 6 weeks  
 4:00 - 5:00 pm Hornet Tennis Ages 13-17 learn to play or improve your skills  
 Classes will be held Monday through Thursday (with Friday being a makeup day).  
 Register online at [www.wellsbororecreation.org](http://www.wellsbororecreation.org) or 570-724-0300

**TENNIS LESSONS - PRIVATE and SEMI- PRIVATE:** All ages are available. Contact Marge Hoffman at [Margery.hoffman1@gmail.com](mailto:Margery.hoffman1@gmail.com) \$15.00 per ½ hour

## SMALL FRY FOOTBALL

### **SMALL FRY FOOTBALL REGISTRATION:** Registration Fee: \$40 for the first child, \$35 for each additional family member

Small Fry Football – Kindergarten will be a flag football format. The flag team will travel with grades 1-6 and play the same day.

Small Fry Football joined the NTL Small Fry League! We will be playing Cowanesque Valley, Southern Tioga, Troy, Canton, Sayre, Towanda, Athens, Waverly and Wyalusing this season. There will be home and away games on weekends. This is a **tackle** format league. The program is open to grades K-6. All equipment is furnished (except shoes). Practices are after school. Practice is slated to begin August. Travel Required.

**Register online** [www.wellsbororecreation.org](http://www.wellsbororecreation.org)

### **LITTLE STINGERS CHEERLEADING REGISTRATION:** Copy of birth certificate is needed to register. Registration Fee: \$30.00

**Last day to register is August 11, 2016** Learn the basics of cheerleading. Cheers and dance routines with uniforms provided (except shoes) The Lil' Stingers will perform for all Small Fry Football Games on Sunday afternoons. Program is open to Wellsboro area residents entering 1-6 grades. Call 724-0300 for registration,

**Register online** [www.wellsbororecreation.org](http://www.wellsbororecreation.org)

## MARTIAL ARTS

**KARATE KIDS: Ages 6-10** summer class will be held on Monday evenings at **Woodland Park** from 6:15 – 8:00pm Begins June 6, 2016

**FEE:** \$30.00 **Register online**

**KARATE:** Wellsboro's award winning Karate program continues throughout the summer months. Don't stop now there's much more to achieve. Monday & Wednesday beginning June 6 from 6:15 – 8:00pm at **Woodland Park** Instructor: Bill Shumway, 4<sup>th</sup> Degree Black Belt **FEE:** \$45.00

## ADULT LEAGUES & FITNESS PROGRAMS

**KELLY'S SUMMER FITNESS PROGRAM:** Summer fitness program will consist of 30 mins. of class focusing on core, strength training, conditioning and flexibility. Last 30 mins. will focus on cardio. Every week will be a different workout. Goal is to offer a variety of simple and effective exercises that you can take home and use. **Location:** Nessmuk Lake pavilion **Fee:** \$39.00 for 6 weeks or \$7.00 drop in **FMI** Contact Kelly at 570-439-6962 **Program Starts:** Monday June 6<sup>th</sup>, 2016 5:30-6:30pm Bring Mats and Plenty of Water Register online at [www.wellsbororecreation.org](http://www.wellsbororecreation.org)

**ADULT CO ED SOFTBALL LEAGUE:** Meade Street Recreation Area. Games played nightly. Concession stand – Spectators welcome/FREE Admission!

**CO-ED ADULT SOFTBALL "ALL NIGHTER" TOURNAMENT:** June 3<sup>rd</sup> and 4<sup>th</sup> Registration \$200.00 team. FMI Contact Angie LaCoe (607) 426-1368

**ADULT FUTSAL OUTDOOR SOCCER:** Wed/Sat, 6pm High School Baseball Outfield. Begins May 31. Coordinator: Sam Mitchell

**TENNIS & BASKETBALL COURT:** Metered lights available for \$1.50/hr. 6 quarters to start additional quarters to advance 10 minutes each.

**MARY LOU PUTMAN FITNESS CENTER WELLSBORO HIGH SCHOOL:** For times go to [www.wellsborosd.org](http://www.wellsborosd.org) and click on the Fitness Center tab

Family Membership:	<b>12 months</b> \$250.	<b>6 months</b> \$175.	<b>3 months</b> \$120.
Individual Membership:	<b>12 months</b> \$175.	<b>6 months</b> \$125.	<b>3 months</b> \$87.
	<b>Golden Age (60+) half price Individual memberships \$5.00 Drop In fee. FMI call 570-724-3547</b>		

**WEIGHT ROOM: Admin Building** *WEIGHT ROOM CONTAINS BARBELLS & FREE WEIGHTS AND IS LOCATED IN THE OLD HIGH SCHOOL. PHONE 570-724-0319*

Early Morning Hours:	M. & W 5:30 – 6:45 am	T & TH 7:00 – 11:30 am	W. & Fri 8:00 – 11:30 am	Sat 9:00 – 11:30 am
Late Afternoon/Evening	T & TH 4:00 – 7:30 pm	Wed 4:00 – 8:30 pm	Friday 4:00 – 6:00 pm	<b>FEE</b>

**GARDENING CLUB:** Master Gardeners Bonnie Rogers, Sue Sticklin have organized a community gardening club. Bonnie @ 724-1617 e-mail at sbrog@ptd.net

**SQUARE DANCING:** Come dance with the Canyon Squares, Wednesday 7:00 – 9:00pm. Begins June 1, 2016 until September 14, 2016 at the NYPUM Building

## **STEP OUTDOORS** [www.stepoutdoors.org](http://www.stepoutdoors.org)

**TYOGA RUNNING CLUB - GROUP RUNS** - TRC hosts group runs every Thursday at 6PM. All are welcome to join. Trail runners meet in Asaph for a 6 to 10 mile challenging trail run, while a second group meets in town at the Packer Park parking lot for a 3 to 4 mile street run. For more information, please visit the TRC Facebook page: <https://www.facebook.com/tyogarunningclub>

**C25K COUCH to 5K:** Training Program will be hosted by the Tyoga Running Club again this year. The 12 week FREE program will kick off Thursday June 30<sup>th</sup> at 6PM with an informative session at the Wellsboro Community Center. This program is open to all women, men and children of any fitness level. Walk or run to your first 5K! We will meet every Thursday at 6PM at Packer Park in Wellsboro for an hour of walk/run training. Water, snacks and plenty of motivational support will be provided. For more information, please contact Jean Cummings 570-787-3017.

**STEP OUTDOORS TRYathlon & 5 K RUN/WALK: September 17, 2016** Step Outdoors TRY Athlon at Hills Creek State Park (come run, paddle, and bike as a team or an individual participant) 10:00 am. A great introduction to a run-paddle-bike event emphasizing participation and camaraderie over competition and place of finish, as indicated by the "Try" in the name; success is in the trying! Participants can register as an individual or team. More information is available at [www.stepoutdoors.org](http://www.stepoutdoors.org)

### **STEP OUTDOORS: 2016 CALENDAR OF EVENTS**

Springfest	Hills Creek State Park	May 21	<a href="http://www.stepoutdoors.org">www.stepoutdoors.org</a>
Nature Programming	Hills Creek State Park nearly every weekend	May 28 to Sept 3	570-724-4246 <a href="http://events.dcnr.pa.gov/">http://events.dcnr.pa.gov/</a>
Astronomy Programming	Cherry Springs State Park nearly every weekend	May 7 to Sept 3	814-435-5010 <a href="http://events.dcnr.pa.gov/">http://events.dcnr.pa.gov/</a>
Kid's Fishing Derby	Annual Kid's Fishing Derby	June 4	FMI Don Kelly 570-724-5138 Cowanesque Lake
STPR Car Rally Race	Tioga County Fairgrounds	June 4	Forestry Dept. <a href="http://www.stpr.org">www.stpr.org</a>
Family Fishing Tournament	Hills Creek State Park	June 25	Weigh in at 2 & 7 pm, Awards at 8:00 pm
Relay For Life	Darling Run	June 25	Forestry Dept.
Tioga CTY Homeless Initiative	Rail Trail Bike Hike @ Darling Run	July 2	Forestry Dept.
Fireworks	Ives Run Recreation Area	July 3	Friends of Tioga Hammond & Cowanesque Lakes
Brayden's Trail of Strength	Asaph	August 6	Forestry Dept.
Eastern States 100	Little Pine State Park	August 13/14	Forestry Dept.
Annual Youth Field Day	Ives Run Recreation Area	August 20	<a href="http://www.register-ed.com/events/view/44714">http://www.register-ed.com/events/view/44714</a>
Pine Creek Challenge	Rail Trail @ USGS Lab	September 10/11	Forestry Dept.
Laurel Classic Bike Race	Asaph @ USGS Lab	September 10	Forestry Dept.
TRYathlon & 5K Run/Walk	Hills Creek State Park	September 17	Step Outdoors Network
Annual Ives Run Trail Challenge	Ives Run Recreation Area	October 8	Family trail walk/run <a href="http://www.stepoutdoors.org">www.stepoutdoors.org</a>
Green Monster	Asaph @ USGS Lab	October 9	Tyoga Running Club

### **PAVILION RESERVATIONS**

**WOODLAND PARK, PACKER PARK, and NESSMUK LAKE**

**570.724.0300**

**Register for all programs online unless otherwise noted**

**[www.wellsbororecreation.org](http://www.wellsbororecreation.org)**

